






**MEET THE POWER FOODS**

					
Group Name	Grain	Vegetable	Fruit	Dairy	Meat
Health benefits	Gives energy and aids in digestion	Night vision, healthy skin	Healing cuts and bruises, healthy gums and teeth	Building strong bones and teeth, healthy skin	Growth and building muscles, healthy mind
Key Nutrients	Carbohydrates and Iron	Vitamins and Minerals	Vitamins	Vitamins and Minerals	Protein
Recommended Serving Number	6	5	3	3	2

1-ounce serving

1/2 cup serving

1/2 cup serving

1 cup serving

2- to 3-ounce serving

WHAT'S IN EACH FOOD GROUP?**Grain Group**

- ☐ bagel
- ☐ bread
- ☐ cereal
- ☐ pancake
- ☐ tortilla
- ☐ rice
- ☐ pasta
- ☐ waffle
- ☐ crackers
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**Vegetable Group**

- ☐ broccoli
- ☐ carrots
- ☐ squash
- ☐ corn-on-the-cob
- ☐ peas
- ☐ tomato
- ☐ spinach, raw
- ☐ cauliflower
- ☐ cabbage
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**Fruit Group**

- ☐ orange juice
- ☐ watermelon
- ☐ strawberries
- ☐ banana
- ☐ grapes
- ☐ cherries
- ☐ apple
- ☐ peach
- ☐ plum
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**Milk Group**

- ☐ milk
- ☐ chocolate milk
- ☐ cheddar cheese
- ☐ American cheese
- ☐ yogurt
- ☐ pudding
- ☐ frozen yogurt
- ☐ milkshake
- ☐ cottage cheese
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**Meat and Beans Group**

- ☐ beef
- ☐ chicken
- ☐ fish
- ☐ pork
- ☐ eggs
- ☐ peanut butter
- ☐ legumes
- ☐ almonds
- ☐ sunflower seeds
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____